

Claims:

1. An adapter for customizing garments through mass addition, according to characteristics of the wearer relating to balance or athletic performance, comprising: a mass carrier configured to mate with the garments and adapted to receive mass elements which are selectable in mass or amount and positionable within the carrier in accordance with such balance and performance characteristics.
2. The adapter of claim 1 wherein the mass carrier comprises a body having a plurality of spaced openings, each opening being suited for selective receipt of a mass element to customize the mass distribution.
3. A garment customizable to the balance and athletic performance characteristics of the wearer, through selective receipt of a mass element or elements, and which can be used to position the mass element or elements at locations on the wearer's body which affect balance and performance characteristics.
4. An adapter of claim 3 wherein the method of receipt of a mass element is to receive a mass carrier per claim 1.
5. An adapter of claim 3 wherein the method of receipt of a mass element is to receive a mass carrier per claim 2.
6. A method for determining the customized mass addition requirements for balance modifying garments that improve athletic performance comprising the steps of: measuring components of balance for one or more users of the garments; comparing the measured components of balance to a predetermined

reference that is those components of balance desired, and modifying the mass  
additive characteristics of the garments to change the components of balance  
of each associated user to achieve those desired.

7. The method of claim 6 wherein the method of measuring components of  
balance is done through measurement of muscle development affected by  
specific components of balance.

8. The method of claim 6 wherein the method of measuring components of  
balance is done through measurement of posture affected by specific  
components of balance.

9. A method for determining the customized mass addition requirements for  
balance modifying garments that improve athletic performance comprising the  
steps of: measuring performance characteristics affected by components of  
balance for one or more users of the garments; and modifying the mass  
additive characteristics of the garments to change the performance  
characteristics of each associated user to achieve those desired.

10. The method of claim 9 wherein the performance characteristics affected by  
components of balance are defined as those performance characteristics  
affected by mass addition to locations on the body that affect components of  
balance.